U.S. MARINE CORPS

HAND-TO-HAND COMBAT

US MARINE CORPS (NAVMC 1146-AO3)

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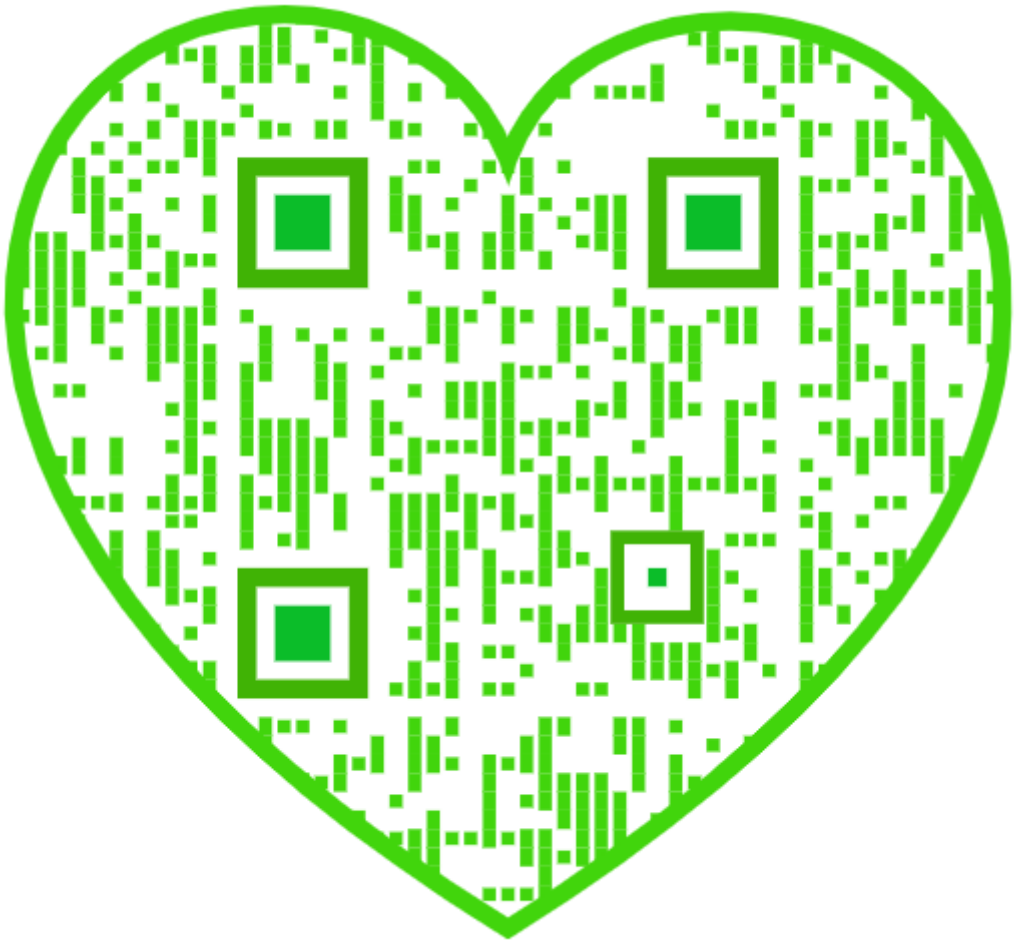
Section 1

INTRODUCTION

101. IMPORTANCE OF HAND-TO-HAND FIGHTING

a. Offensive–defensive hand-to-hand fighting is a composite of boxing, wrestling, karate, judo, and football. It is easily taught, easily learned, and extremely effective for offense or defense.

b. In many situations, when weapons are either not available or their use is impractical or impossible, particularly when silence is desirable, the employment of the techniques of hand-to-hand



fighting is of inestimable value. It provides the individual with a most effective means of executing a decisive attack or assault on an opponent, or of adequately defending himself. Mastery of the art of hand-to-hand fighting adds immeasurable assurance, confidence, and self-reliance to the individual Marine.

102. PURPOSE AND SCOPE

The purpose of this manual is to teach some of the techniques of hand-to-hand fighting. Movements are described and illustrated in sequence to serve as a guide for teaching and learning.

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103. INSTRUCTIONAL PROCEDURES

During the first period of instruction, the instructor explains and demonstrates how hand-to-hand fighting is designed to place the user in position to utilize his full strength and leverage against his opponent's vulnerable, vital, or more sensitive areas, i. e., the arch of the foot, the knee, the groin, the temple, the ears, the nerves under the ears, the solar plexus, the throat, the bridge of the nose, the elbow, the collarbone, the eyes, the neck, the side of the jaw, the base of the spine, the small of the back, and the kidneys. The fingers, wrist, and elbow are the easiest bones to break or dislocate. In this regard, students learning the movements of hand-to-hand fighting must be cautioned to exert care so as not to accidentally injure or immobilize those with whom they are training.

104. PRINCIPLES OF HAND-TO-HAND FIGHTING

Basic principles which the hand-to-hand fighter must constantly bear in mind are:

a. Be aggressive.
b. Keep eyes on the opponent.
c. Distract the opponent.
d. Disable or be disabled.
e. Vary the attack to fit the situation.
f. Turn the defense into an unrelenting attack.
g. Feel superior to the opponent, regardless of the latter's size or evidence of strength.

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Section 2

STANCE AND MOVEMENT

201. OFFENSIVE-DEFENSIVE STANCE

a. To assume the OFFENSIVE-DEFENSIVE STANCE, the hand-to-hand fighter:

(1) Faces his opponent with the left foot forward; points toe of left foot slightly inward.
(2) Bends left knee slightly inward.
(3) Places the right foot to the rear and right of the left foot.
(4) Points right toe straight to the front with the right knee slightly bent.
(5) Leans forward from the hips with the weight balanced on both feet.
(6) Raises the left hand so that it protects the left side of the face and head.
(7) Positions the left forearm and elbow to protect the left side of the body.
(8) Raises the right hand to protect the right side of the face and head.
(9) Positions the right forearm and elbow to protect the right side of the body and head.
(10) Points the palms of the hands inward with the lower edge of the hands facing the opponent.
(11) Holds the fingers together with the thumbs held tight against the forefingers.

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b. From this position the hand-to-hand fighter is prepared to strike or grasp his opponent.

Figure 1.—The offensive-defensive stance.

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202. OFFENSIVE-DEFENSIVE MOVEMENT

In the execution of the various movements from the OFFENSIVE-DEFENSIVE STANCE, the hand-to-hand fighter will move as follows:

a. To move forward: lift the left foot and move it forward about 14 inches; the right foot follows.

b. To shift left and forward: step left and forward with the left foot, pivoting on the ball of the right foot.

c. To shift right and forward: step to right and forward with the right foot, pivoting on the ball of the left foot.

d. To shift left and to the rear: step back and to the left with right foot, pivoting on the ball of the left foot.

e. To shift right and to the rear: step left and to the rear with the left foot, pivoting on the ball of the right foot.

f. To move directly to the rear: move the right foot approximately 14 inches to the rear; the left foot follows.

7

Section 3
FALLS AND ROLLS

301. FORWARD ROLL

To take a FORWARD ROLL, the hand-to-hand fighter:

a. Takes two steps forward to build up momentum.

b. Dives toward the ground.

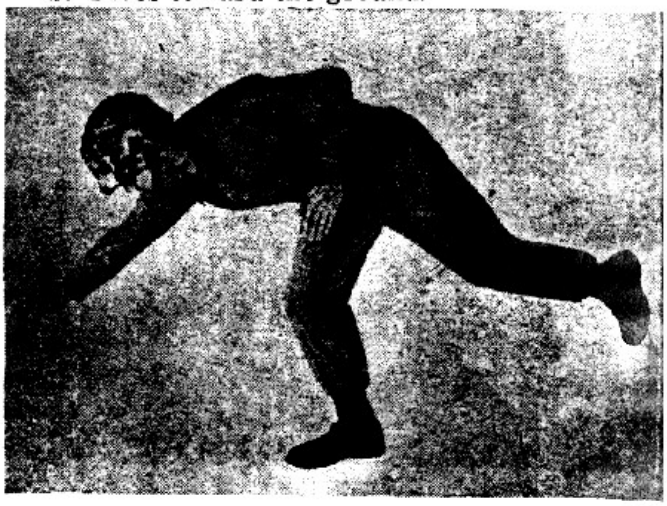

Figure 2.—The forward roll.

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c. Places the chin against the left shoulder.

d. Places the left hand at the left side of, and slightly above the head.

e. Bends the right arm slightly at the elbow, breaking the fall with right hand and forearm.

f. Rolls forward on the right shoulder and

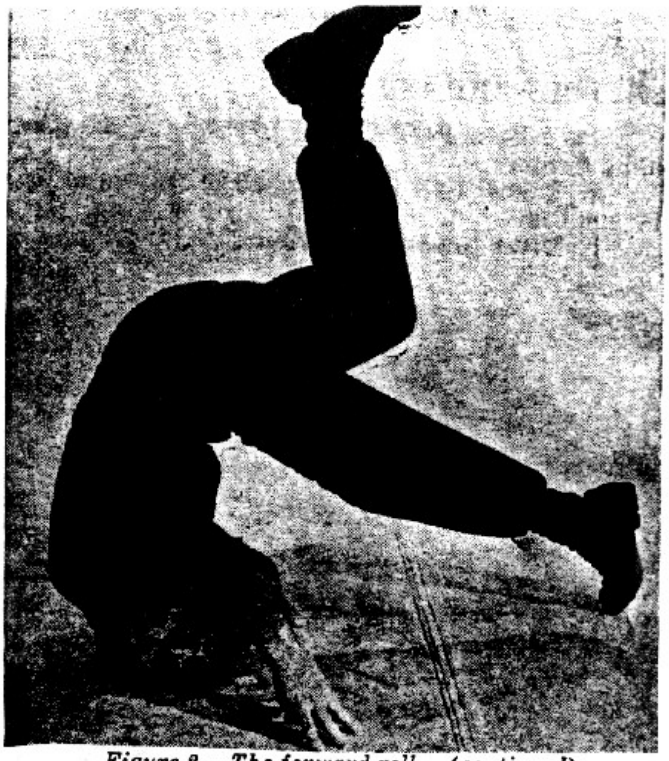

Figure 2.—The forward roll.—(continued)

9

the back when the left hand makes contact with the ground.

g. Spins to the left when the feet make contact with the ground, facing the rear, in the offensive–defensive stance.

Figure 2.—The forward roll.—(continued)

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302. BACKWARD FALL

To take a BACKWARD FALL, the hand-to-hand fighter:

a. Drops directly back on the buttocks as in sitting position, breaking the shock of the fall with the hands and forearms.

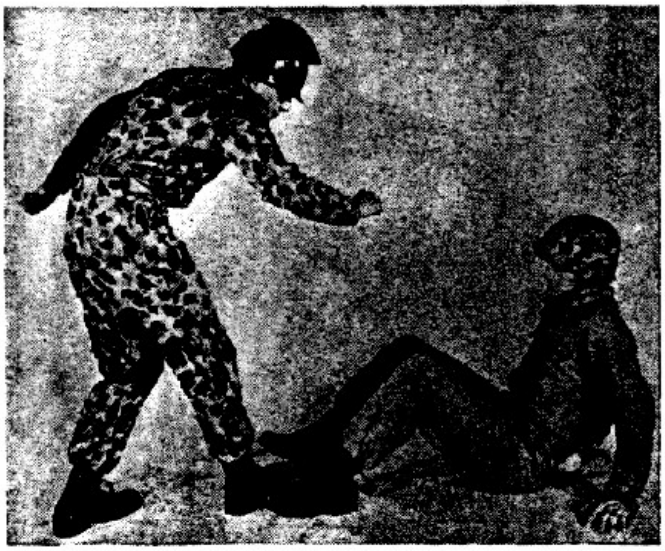

Figure 3.—The backward fall.

b. Places the head on the chest.

c. Raises the feet and swings them over the head, in a backward somersault movement, when the hands touch the ground.

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Figure 3.—The backward fall.—(continued)

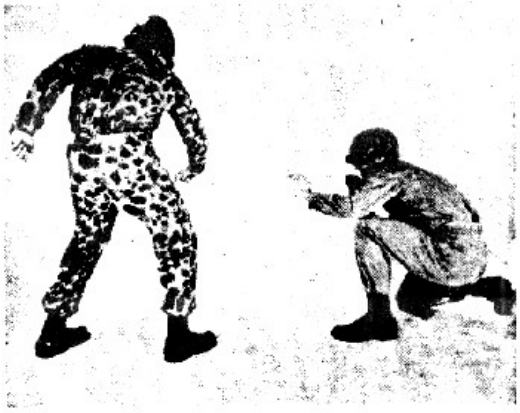

Figure 3.—The backward fall.—(continued)

d. Lands on the knees, or feet, facing his opponent, and assumes the OFFENSIVE-DEFENSIVE STANCE immediately.

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Section 4

DEFLECTING AND STRIKING BLOWS

401. DEFLECTING A RIGHT HAND BLOW

When an opponent attempts to strike with a straight right hand blow, the hand-to-hand fighter will deflect the blow to the right with his left hand. He will then shift left and forward, pulling his opponent forward with his left hand on his opponent's wrist. He then strikes his opponent on the temple, throat, or side of the neck with the back edge of his hand.

Figure 4.—Deflecting a right hand blow.

14

Figure 4.—Deflecting a right hand blow.—(continued)

402. DEFLECTING A LEFT HAND BLOW

When an opponent attempts to strike with his left hand, the hand-to-hand fighter will deflect the blow to the left with his right hand, or forearm, and grasp the opponent's left arm with his own left hand. He then shifts forward and right, striking at his opponent's temple, jaw, or base of skull with the back edge of his right hand, utilizing momentum gained in the shift to add force to the blow.

15

Figure 5.—Deflecting a left hand blow.

16

403. BLOCKING A WIDE SWINGING RIGHT HAND BLOW

When an opponent attempts to strike with a wide swinging right hand, or roundhouse right blow, the hand-to-hand fighter blocks the blow with his left hand, or forearm. He grasps the opponent's right wrist or arm with his left hand and pulls him forward, striking the opponent simultaneously in the groin with the right knee, and between the eyes with the back edge of the right hand. He pivots left, throwing the opponent over the right thigh or knee.

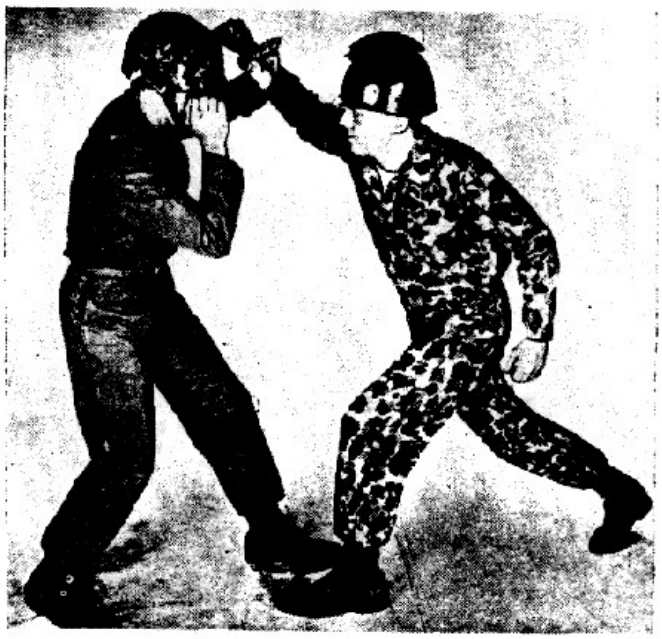


Figure 6.—Blocking a wide swinging right hand blow.

17

Figure 6.—Blocking a wide swinging right hand blow.—(continued)

18

404. ATTACKING AN OPPONENT

If an opponent threatens to strike with a left hand blow, the hand-to-hand fighter strikes the outside of his opponent's left wrist with his left hand. He shifts right and forward and delivers a blow to the temple, jaw or base of the skull with his right hand.

Figure 7.—Attacking an opponent.

19

Figure 7.—Attacking an opponent.—(continued)

20

405. DEFLECTING KICKS

If an opponent attempts to kick with his right foot, the hand-to-hand fighter shifts forward and left, deflecting the kick to the right and upward with his left hand. He swings or raises his opponent's right leg upward, knocking him over on his back, where the opponent's leg can be broken, or where the hand-to-hand fighter can deliver a kick to his opponent's groin, or a karate blow to the throat or bridge of the nose. If the opponent attempts a kick with his left foot, the hand-to-hand fighter will shift right and carry out the same disabling procedure.

Figure 8.—Deflecting kicks.

21

Figure 8.—Deflecting kicks.—(continued)

23

Section 5

THROWS AND TAKE-DOWNS

501. TAKE-DOWN FROM AN OPPONENT'S LEFT

To take-down from an opponent's left, the hand-to-hand fighter grasps his opponent's left wrist with his left hand and steps toward the opponent with the right foot. He drives his knee into the outside of his opponent's left knee, simultaneously striking his opponent on the temple with the outer edge of his right hand. He then places his right hand on his opponent's face, pushing him backward over his own right knee or thigh and dropping him. The hand-to-hand fighter can then follow through with a blow to the bridge of the nose or throat.

Figure 9.—Take-down from an opponent's left.

24

Figure 9.—Take-down from an opponent's left.—(continued)

25

502. TAKE-DOWN FROM AN OPPONENT'S LEFT (ALTERNATE METHOD)

To execute an alternate method of take-down from an opponent's left, the hand-to-hand fighter grasps his opponent's left wrist with his own left hand. He then steps forward with his right foot,

Figure 10.—Take-down from an opponent's left (alternate).

26

Figure 10.—Take-down from an opponent's left (alternate).—(continued)

27

driving his right knee into the outside of his opponent's left knee. He then pivots under his opponent's left arm, grasping the inside of his left leg at the knee, and drives his elbow into his opponent's solar plexus or groin. The hand-to-hand fighter then lifts upward with his right hand, and releases his opponent's left wrist when the latter begins to fall backwards. He follows through with a knee to his opponent's left side, and a right hand blow to his throat, or the bridge of his nose.

503. TAKE-DOWN FROM AN OPPONENT'S RIGHT

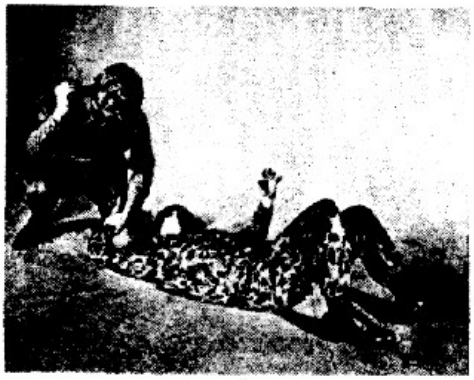
To take-down from an opponent's right, the hand-to-hand fighter grasps his opponent's right wrist with his left hand, raising it above his head as he bends forward toward his opponent. He

Figure 11.—Take-down from an opponent's right.

28

then drives his shoulder against his opponent's solar plexus, simultaneously stepping forward with his right foot to add momentum to the shoulder blow. As the opponent leans forward from the blow, the hand-to-hand fighter grasps the opponent's right leg at the knee, raising him up and swinging him over his own shoulder, still retaining the wrist grip. Once the opponent is down, the hand-to-hand fighter can deliver a blow to the temple, throat, or bridge of the nose.

Figure 11.—Take-down from an opponent's right.—(continued)



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Section 6

BREAKING HOLDS

601. WRIST HOLD

To break a front wrist hold when the opponent is using both hands, the hand-to-hand fighter

Figure 12.—Breaking front wrist hold.

30

Figure 12.—Breaking front wrist hold.—(continued)

31

will pull back with his right hand and step forward with his left foot, simultaneously pushing forward and upward with his left hand. He then grasps his opponent's left elbow with his own left hand, and shifts right and forward. He follows through with a blow to the opponent's temple, jaw, neck, or kidney.

602. REAR NECK HOLD

To break a strangle hold from the rear, when the opponent has locked his right hand on his left arm and is pushing forward on the hand-to-hand fighter's head with his left hand, the hand-to-hand fighter grasps the opponent's right elbow with his right hand, and the latter's left elbow with his left hand. He then pulls downward with

Figure 13.—Breaking rear neck hold.

32

left hand and upward with the right hand, at the same time pivoting his body to the left as he forces the opponent to twist down and over. He follows through with a knee blow or throw.

Figure 13.—Breaking rear neck hold.—(continued)

33

603. **REAR CHOKE HOLD**

To break a choke or strangle hold from the rear when the opponent is using one or both hands to make the hold, the hand-to-hand fighter grasps

Figure 14.—Breaking rear choke hold.

34

his opponent's left hand or wrist with his own left hand and pivots left still retaining the grip on his opponent's hand or wrist. He follows through with a blow to the opponent's temple, jaw, neck, or throat.

Figure 14.—Breaking rear choke hold.—(continued)

35

Figure 14.—Breaking rear choke hold.—(continued)

If the opponent is using his left hand to make the hold, the procedure is reversed.

37

605. CROSSED WRIST FRONT CHOKE HOLD

To break a front choke hold when the opponent is using a crossed wrist collar choke, the hand-to-hand fighter grasps the opponent's right hand or wrist with his own right hand, shifts left

604. FRONT CHOKE HOLD

To break a front choke, collar, or tie hold, when the opponent is using either his right hand or both hands to make the hold, the hand-to-hand fighter grasps his opponent's right wrist or hand with his own left hand, then shifts left and pivots on his right foot, forcing his opponent's hand off and down to the right. He follows through with a blow to the opponent's temple, jaw, or throat.

36

Figure 15.—Breaking front choke hold.

Figure 16.—Breaking crossed wrist front choke hold.

38

and forward, pulling downward with his right hand, and lifting upward with the left hand which is placed on the opponent's right elbow. He follows through with a knee to the kidney, or a blow to the neck.

Figure 16.—Breaking crossed wrist front choke hold.—(continued)

39

606. REAR HEAD LOCK

To break a head lock from the rear when the opponent is using one or both arms to hold the hand-to-hand fighter's head under his right arm

Figure 17.—Breaking rear head lock.

40

the hand-to-hand fighter grasps the opponent's left elbow with his own left hand and the latter's left knee with his own right hand. He steps forward and left with his left foot, pulling right and upward, with the right hand forcing the opponent off balance and down on his side. He follows through with a blow to the temple or throat.

Figure 17.—Breaking rear head lock.—(continued)

607. FRONT HEAD LOCK

To break a front head lock when the opponent is locking a hand on the hand-to-hand fighter's right shoulder, the hand-to-hand fighter slides his right hand and arm over his opponent's right elbow with his left hand. He pushes down with his right shoulder and pivots left forcing the opponent to break the hold. He follows

41

through with a throw or blow to his opponent's groin, or breaks his right arm.

Figure 18.—Breaking front head lock.

42

608. THE HAMMERLOCK

To break a hammerlock and shoulder hold when the opponent is holding the hand-to-hand fighter's hand behind him, the hand-to-hand

Figure 19.—Breaking the hammerlock

43

fighter steps forward with the right foot, bends his body forward from the waist, then rapidly twists to the left breaking the hold. He follows through with a blow to the opponent's temple, jaw, or kidney.

Figure 19.—Breaking the hammerlock.—(continued)

44

609. COME-ALONG

To break a come-along hold when the opponent is using any of the various come-along holds, i. e., bending fingers downward or hand upward, the hand-to-hand fighter lifts upward with the free hand placed against the opponent's hand, or hands. At the same time he drives his

Figure 20.—Breaking a finger bending come-along.

45

right knee into the back of his opponent's left knee, forcing the opponent to break the hold and knocking him over on his back. He follows through with a knee, or a blow to the bridge of the nose or throat. In the event the opponent is holding the left hand and arm, the hand-to-hand fighter uses his left knee against his opponent's left knee to knock him over and down.

Figure 20.—Breaking a finger bending come-along.—(continued)

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Section 7

DISARMING AN OPPONENT ARMED WITH A RIFLE AND BAYONET

701. SLOW APPROACH - BAYONET LOW

To disarm an opponent armed with a rifle with fixed bayonet who approaches slowly with the weapon held low, the hand-to-hand fighter sidesteps, reaches forward and down with the left hand hitting the opponent's weapon on the inside, and with a pushing movement deflects the bayonet

Figure 21.—Disarming slowly approaching opponent armed with fixed bayonet held low.

48

off to the left. He then shifts right and forward, delivering a blow to the temple, neck, or the left elbow of his opponent.

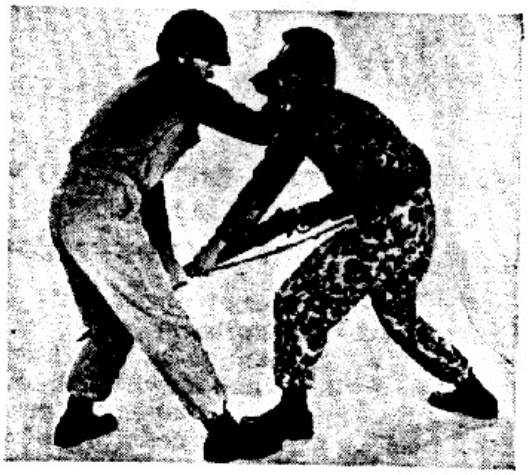

Figure 21.—Disarming slowly approaching opponent armed with fixed bayonet held low.—(continued)

49

702. SLOW APPROACH - BAYONET HIGH

To disarm an opponent armed with a rifle with fixed bayonet who approaches slowly with the weapon held high, the hand-to-hand fighter reaches out with his left hand and hits the weapon and pushes it to the left, deflecting the blow. He

Figure 22.—Disarming slowly approaching opponent armed with fixed bayonet held high.

50

then quickly shifts right and forward, reaching forward with the right hand grasping the rifle near the stock and wrests it from his opponent. He follows through with a blow to the opponent's elbow, temple, or neck.

Figure 22.—Disarming slowly approaching opponent armed with fixed bayonet held high.—(continued)

703. CHARGING OPPONENT

To disarm an opponent armed with a rifle and bayonet who is charging rapidly forward toward him, the hand-to-hand fighter shifts left and forward to avoid the bayonet. He then hits and pushes the weapon downward and to the right with his left hand. He follows through with a blow to his opponent's neck.

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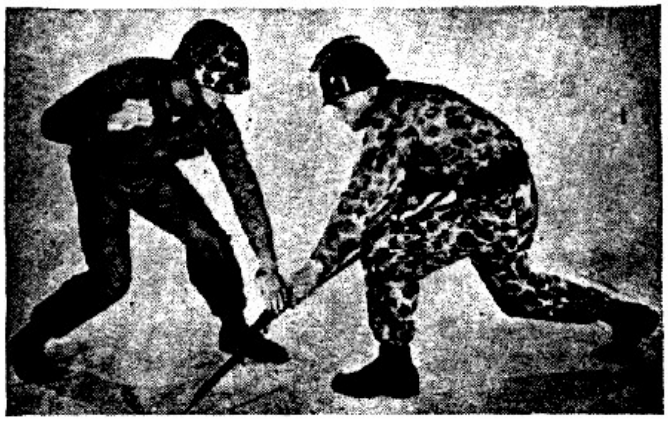

Figure 23.—Disarming charging opponent armed with fixed bayonet.

53

Section 8

KNIFE AND CLUB FIGHTING

801. FRONTAL ATTACK WITH THE KNIFE

When attacking while armed with a knife, the hand-to-hand fighter assumes the OFFENSIVE-DEFENSIVE STANCE, holds the knife in his right hand with the point toward the opponent, the blade flat, and the cutting edge facing outward.

Figure 24.—Frontal attack with knife.

54

He advances toward the opponent, his left hand held high in an alert position to protect his face or to deliver a blow. If the opponent attempts to grasp the knife hand, the hand-to-hand fighter strikes a blow at the bridge of the nose. He then

Figure 24.—Frontal attack with knife.—(continued)

55

shifts left, places his left hand under his opponent's right elbow, and lifts the arm. He plunges the knife in an upward motion into the body above the opponent's belt, and slashes outward, or to the right.

Figure 24.—Frontal attack with knife.—(continued)

56

802. FRONTAL DISARMING - OPPONENT WITH KNIFE OR CLUB

a. To disarm an opponent who is thrusting at him with a knife, the hand-to-hand fighter shifts forward and to the left. He deflects the knife by

Figure 25.—Frontal disarming - opponent with knife.

57

pushing it with his left hand. He then strikes the back of the opponent's hand with the outer edge of his own right hand. He follows through with an arm break, or blow to the opponent's jaw, throat, or collarbone.

Figure 25.—Frontal disarming - opponent with knife.—(continued)

58

b. In another method of disarming, when the opponent threatens with a knife or club, the hand-to-hand fighter steps toward his opponent with his left foot. He strikes the inside of his opponent's right wrist with his own left hand or wrist deflecting the thrust off to the left. He then strikes the opponent on the bridge of the nose with the right hand, and simultaneously strikes him in the groin with the right knee. He can follow through by breaking the opponent's arm, or by employing a throw.

Figure 26.—Frontal disarming – opponent with knife or club.

59

803. ATTACK FROM THE REAR WITH KNIFE OR CLUB

a. In attacking an opponent from the rear when armed with a knife, the hand-to-hand fighter quickly places a hand over the mouth and face of the opponent and pulls back, simultaneously plunging the knife in an upward motion into the opponent's back above the belt.

Figure 27.—Attack from the rear using knife.

60

b. In attacking an opponent from the rear while armed with a club, the hand-to-hand fighter controls his opponent by placing his left hand on the opponent's arm or shoulder, and turning him slightly to the left. The blow, or blows are delivered to the base of the skull.

Figure 28.—Attack from the rear using club.